

## BLOCK

## 1

ARM HYPERTROPHY  
PROGRAM: WEEK 1

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	3	6-8	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
MACHINE PREACHER CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	6-8	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
BAYESIAN CABLE CURL	3	12-15	2:0:1:0	9	1.0					FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	3	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
INCLINE DUMBBELL CURL REVERSE 21'S	2	7+7+7	-	9	1.5					PERFORM BOTH ARMS AT ONCE, 7 REPS FULL ROM, 7 REPS TOP 1/2 ROM, 7 REPS BOTTOM 1/2 ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	3	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	3	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
PREACHER DEATH CURLS	2	12-15	-	10	1.5					1 SECOND PAUSE AT 90 DEGREES ELBOW FLEXION ON POSITIVE AND NEGATIVE OF EVERY REP, REACH FAILURE, REST 3 SECONDS, THEN DO A 15 SECOND HOLD AT 90 DEGREES
HEAVY NEGATIVE CONCENTRATION CURLS	0	0	-	10	1.5					USE YOUR FREE HAND TO ASSIST WITH THE POSITIVE, CONTROL THE NEGATIVE WITHOUT ASSISTANCE, LOAD HEAVILY BUT MAINTAIN CONTROL
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES
WEEKLY BICEP VOLUME	19									
WEEKLY TRICEP VOLUME	19									

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

## BLOCK

## 1

ARM HYPERTROPHY  
PROGRAM: WEEK 2

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	3	6-8	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
MACHINE PREACHER CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	6-8	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
BAYESIAN CABLE CURL	3	12-15	2:0:1:0	9	1.0					FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	3	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
INCLINE DUMBBELL CURL 21'S	2	7+7+7	-	9	1.5					PERFORM BOTH ARMS AT ONCE, 7 REPS BOTTOM 1/2 ROM, 7 REPS TOP 1/2 ROM, 7 REPS FULL ROM,
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	3	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
HAMMER CURL	3	12-15	2:0:1:0	9	1.5					GRIP DUMBBELL IN MIDDLE OF HANDLE, PERFORM STANDING, 1 ARM AT A TIME
PREACHER DEATH CURLS	0	0	-	10	1.5					1 SECOND PAUSE AT 90 DEGREES ELBOW FLEXION ON POSITIVE AND NEGATIVE OF EVERY REP, REACH FAILURE, REST 3 SECONDS, THEN DO A 15 SECOND HOLD AT 90 DEGREES
HEAVY NEGATIVE CONCENTRATION CURLS	2	6-8	-	10	1.5					USE YOUR FREE HAND TO ASSIST WITH THE POSITIVE, CONTROL THE NEGATIVE WITHOUT ASSISTANCE, LOAD HEAVILY BUT MAINTAIN CONTROL
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES
WEEKLY BICEP VOLUME	19									
WEEKLY TRICEP VOLUME	19									

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

## BLOCK

## 1

# ARM HYPERTROPHY PROGRAM: WEEK 3

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	6-8	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
MACHINE PREACHER CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	6-8	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
BAYESIAN CABLE CURL	3	12-15	2:0:1:0	9	1.0					FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
INCLINE DUMBBELL CURL REVERSE 21'S	2	7+7+7	-	9	1.5					PERFORM BOTH ARMS AT ONCE, 7 REPS FULL ROM, 7 REPS TOP 1/2 ROM, 7 REPS BOTTOM 1/2 ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	4	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
PREACHER DEATH CURLS	2	12-15	-	10	1.5					1 SECOND PAUSE AT 90 DEGREES ELBOW FLEXION ON POSITIVE AND NEGATIVE OF EVERY REP, REACH FAILURE, REST 3 SECONDS, THEN DO A 15 SECOND HOLD AT 90 DEGREES
HEAVY NEGATIVE CONCENTRATION CURLS	0	0	-	10	1.5					USE YOUR FREE HAND TO ASSIST WITH THE POSITIVE, CONTROL THE NEGATIVE WITHOUT ASSISTANCE, LOAD HEAVILY BUT MAINTAIN CONTROL
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES
WEEKLY BICEP VOLUME	21									
WEEKLY TRICEP VOLUME	21									

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

## BLOCK

## 1

ARM HYPERTROPHY  
PROGRAM: WEEK 4

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	6-8	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
MACHINE PREACHER CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	6-8	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
BAYESIAN CABLE CURL	3	12-15	2:0:1:0	9	1.0					FACE AWAY FROM CABLE MACHINE, FEEL STRETCH AT BOTTOM END ROM
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL A

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
INCLINE DUMBBELL CURL 21'S	2	7+7+7	-	9	1.5					PERFORM BOTH ARMS AT ONCE, 7 REPS BOTTOM 1/2 ROM, 7 REPS TOP 1/2 ROM, 7 REPS FULL ROM,
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

TOTAL TRAINING TIME:

## SUPPLEMENTAL B

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
HAMMER CURL	3	12-15	2:0:1:0	9	1.5					GRIP DUMBBELL IN MIDDLE OF HANDLE, PERFORM STANDING, 1 ARM AT A TIME
PREACHER DEATH CURLS	0	0	-	10	1.5					1 SECOND PAUSE AT 90 DEGREES ELBOW FLEXION ON POSITIVE AND NEGATIVE OF EVERY REP, REACH FAILURE, REST 3 SECONDS, THEN DO A 15 SECOND HOLD AT 90 DEGREES
HEAVY NEGATIVE CONCENTRATION CURLS	2	6-8	-	10	1.5					USE YOUR FREE HAND TO ASSIST WITH THE POSITIVE, CONTROL THE NEGATIVE WITHOUT ASSISTANCE, LOAD HEAVILY BUT MAINTAIN CONTROL
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES
WEEKLY BICEP VOLUME	21									
WEEKLY TRICEP VOLUME	21									

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

# BLOCK 2

# ARM HYPERTROPHY PROGRAM: WEEK 5

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	4-6	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
BAYESIAN CABLE CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	4-6	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
DUMBBELL PREACHER HAMMER CURL	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, HAMMER GRIP IN THE MIDDLE OF DUMBBELLS
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

## SUPPLEMENTAL A

TOTAL TRAINING TIME:

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
STANDING EZ BAR CURL (DESCENDING ROM)	2	10+5+5	-	9	1.5					10 REPS FULL ROM, 5 REPS TOP END ROM, 5 REPS BOTTOM END ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE TO FAILURE

## SUPPLEMENTAL B

TOTAL TRAINING TIME:

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	4	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
LYING INCLINE DEATH CURLS	2	20	-	10	1.5					PAUSE FOR A 5 SECOND SQUEEZE AT THE TOP OF EVERY 5TH REP
REVERSE GRIP EZ BAR CURL (METABOLIC)	0	0	2:0:2:0	10	1.5					USE VERY LIGHT WEIGHT AND MAINTAIN CONTROL, NOTE TEMPO
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES

WEEKLY BICEP VOLUME	22
WEEKLY TRICEP VOLUME	22

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.



## BLOCK

## 2

ARM HYPERTROPHY  
PROGRAM: WEEK 6

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	4-6	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
BAYESIAN CABLE CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	4-6	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
DUMBBELL PREACHER HAMMER CURL	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, HAMMER GRIP IN THE MIDDLE OF DUMBBELLS
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	2	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

## SUPPLEMENTAL A

TOTAL TRAINING TIME:

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
STANDING EZ BAR CURL (DESCENDING ROM)	2	10+5+5	-	9	1.5					10 REPS FULL ROM, 5 REPS TOP END ROM, 5 REPS BOTTOM END ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE TO FAILURE

## SUPPLEMENTAL B

TOTAL TRAINING TIME:

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	4	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
LYING INCLINE DEATH CURLS	0	0	-	10	1.5					PAUSE FOR A 5 SECOND SQUEEZE AT THE TOP OF EVERY 5TH REP
REVERSE GRIP EZ BAR CURL (METABOLIC)	2	50	2:0:2:0	10	1.5					USE VERY LIGHT WEIGHT AND MAINTAIN CONTROL, NOTE TEMPO
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES

WEEKLY BICEP VOLUME	21
WEEKLY TRICEP VOLUME	21

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

# BLOCK 2

# ARM HYPERTROPHY PROGRAM: WEEK 7

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	4-6	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
BAYESIAN CABLE CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	4-6	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
DUMBBELL PREACHER HAMMER CURL	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, HAMMER GRIP IN THE MIDDLE OF DUMBBELLS
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

## SUPPLEMENTAL A

TOTAL TRAINING TIME:

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
STANDING EZ BAR CURL (DESCENDING ROM)	3	10+5+5	-	9	1.5					10 REPS FULL ROM, 5 REPS TOP END ROM, 5 REPS BOTTOM END ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE TO FAILURE

## SUPPLEMENTAL B

TOTAL TRAINING TIME:

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	4	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
LYING INCLINE DEATH CURLS	2	20	-	10	1.5					PAUSE FOR A 5 SECOND SQUEEZE AT THE TOP OF EVERY 5TH REP
REVERSE GRIP EZ BAR CURL (METABOLIC)	0	0	2:0:2:0	10	1.5					USE VERY LIGHT WEIGHT AND MAINTAIN CONTROL, NOTE TEMPO
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES

WEEKLY BICEP VOLUME	22
WEEKLY TRICEP VOLUME	22

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.

# BLOCK 2

# ARM HYPERTROPHY PROGRAM: WEEK 8

## ARM DAY

DAY 1	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	4-6	2:1:1	8	3.0					SHOULDER WIDTH GRIP, TOUCH BAR TO CHEST WITH SLIGHT PAUSE
BAYESIAN CABLE CURL	2	12-15	2:0:2:0	7	1.0					PREACTIVATION, SMOOTH AND CONTROLLED REPS, GET A SLIGHT PUMP WITH LIGHT WEIGHT
STANDING EZ BAR CURL	4	4-6	2:0:1:0	9	3.0					2 SETS WIDER GRIP, 2 SETS SHOULDER WIDTH, LAST SET TAKEN TO FAILURE, 1-2 EFFECTIVE CHEAT REPS AT END OF SET
DUMBBELL PREACHER HAMMER CURL	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, HAMMER GRIP IN THE MIDDLE OF DUMBBELLS
TRICEP PRESSDOWN	4	10-12	2:0:1:0	9	2.0					USE BAR ATTACHMENT, 2 SETS WIDE, 2 SETS NARROW, KEEP ELBOWS LOCKED IN PLACE, MINIMIZE SWINGING
OVERHEAD ROPE TRICEP EXTENSION	3	12-15	2:0:1:0	9	1.0					PERFORM BOTH ARMS AT ONCE, PRESS ROPE APART AT THE TOP END ROM
FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

## SUPPLEMENTAL A

TOTAL TRAINING TIME:

DAY 2	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
DUMBBELL CONCENTRATION CURL	4	8-10	2:0:1:0	9	2.0					ELBOW PINNED AGAINST THIGH, ROTATING GRIP (SUPINATE THROUGHOUT CONCENTRIC)
STANDING EZ BAR CURL (DESCENDING ROM)	3	10+5+5	-	9	1.5					10 REPS FULL ROM, 5 REPS TOP END ROM, 5 REPS BOTTOM END ROM
WEIGHTED DIP (CLOSE GRIP)	3	12-15	2:0:1:0	8	2.0					MAINTAIN MORE UPRIGHT POSTURE AND MIND-MUSCLE CONNECTION WITH TRICEPS
1-ARM OVERHEAD CABLE EXTENSION	2	15-20	2:0:1:0	9	1.0					KEEP ELBOW LOCKED INTO PLACE AND TUCKED IN
REVERSE GRIP FOREARM WRIST CURL	3	15-20	2:0:1:0	9	1.0					OPTIONAL, PERFORM WITH FOREARM BRACED ON HORIZONTAL BENCH

\*TAKE THE LAST SET OF EACH EXERCISE TO FAILURE

## SUPPLEMENTAL B

TOTAL TRAINING TIME:

DAY 3	SETS	REPS	TEMPO	APE	REST	1	2	3	4	NOTES
CLOSE GRIP BENCH PRESS	4	8-10	2:1:1	8	3.0					CAN USE REGULAR GRIP IF FITS BETTER WITH YOUR CHEST GOALS/ TRAINING SPLIT
MEDICINE BALL PUSHUPS	2	8-10	1:0:1:0	9	1.0					MAKE A DIAMOND SHAPE WITH HANDS AND PERFORM CONTROLLED PUSHUPS, TAKE THE LAST SET TO FAILURE
SCOTT CURL	4	12-15	2:0:1:0	9	1.5					USE BARBELL OR EZ BAR, AT BOTTOM END ROM ARMS SHOULD BE ALLIGNED VERTICALLY
LYING INCLINE DEATH CURLS	0	0	-	10	1.5					PAUSE FOR A 5 SECOND SQUEEZE AT THE TOP OF EVERY 5TH REP
REVERSE GRIP EZ BAR CURL (METABOLIC)	2	50	2:0:2:0	10	1.5					USE VERY LIGHT WEIGHT AND MAINTAIN CONTROL, NOTE TEMPO
FARMERS WALKS	3	40	-		1.0					OPTIONAL FOREARM WORK, LIFT HEAVY DUMBBELLS FOR 40 TOTAL STRIDES
WEEKLY BICEP VOLUME	22									
WEEKLY TRICEP VOLUME	22									

\*TAKE THE LAST SET OF EACH EXERCISE EXCEPT CLOSE GRIP BENCH PRESS TO FAILURE

TOTAL TRAINING TIME:

\*NOTE: REST TIMES ARE GIVEN IN MINUTES.